

# THE VALUE OF SMALL KITCHEN TO HOUSEWIFE

MARY PATTISON DESCRIBES EXPERIMENT IN HOUSEHOLD EFFICIENCY OF INTEREST.

## HOW SAVE MANY STEPS

The "Kitchenette" Will Solve Many A Problem—Where One Woman Must Do All the Work.

Mary R. Pattison, in an article in "Success Magazine" describing an experiment in household efficiency, says:

My kitchen was large, and the labor of preparing a meal left one physically exhausted. When I wanted a spoon or a fork, I had to walk to one end of the room, for a towel I went to the other side, for a pan somewhere else. There was coal to carry up from the cellar, ashes to carry down; there was dust continually and a fire that would go out. The confusion was maddening and the arrangements seemed the worst possible.

As I stood one day in the center of the pantry, I was suddenly seized with the idea of turning it into a kitchenette. My pantry was of good size with china closets built in. There was a sink, with hot and cold water supplied from the cellar, a large built-in refrigerator was already in place there, connected with a drain into the cellar and supplied with an outside door through which ice could be put without the inconvenience of carrying it through the house. I had gas and electric connections made at once. Since that time, I have been able to prepare all my meals in the kitchenette. A small gas stove with broiler and portable oven, I find sufficient with the use of a fireless cooker. The stove is placed on a shelf to obviate leaning over. The oven door is glass, doing away with opening the door so often at the waste of energy and heat. Now, when I stand in the center of my kitchenette, I can put my hand on anything needed in the preparation of a meal by the simple act of turning. The folly of walking miles, back and forth, day in and day out, is dispensed with.

### Escaping Household Drudgery

The old-time household duties also disappeared to a great extent. Scrubbing was no longer a necessity. I found a waxed floor, with simple but effective rugs, just as practicable as in other parts of the house. The next step was to eliminate that second frightful bugbear of housekeeping—washing the pots and pans. No dish or kettle used in cooking was allowed to become cold before being washed with a combination wire and bristle brush. The hand thus came in contact wholly with the handle of the vessel, doing away with the most unpleasant part of dishwashing, while the immediate cleansing minimized labor by preventing particles of food from drying and sticking to the sides of the utensils.

Table tops of glass and marble also helped to reduce labor in the kitchen. These were constantly kept spotless by the free use of paper napkins as "wipe-up" rags. The employment of paper is one of the most valuable means of saving work. Paper napkins when bought in quantities are very cheap, they are absorbent, easily handled and may be quickly disposed of.

Another of our schemes was to have all garbage instantly dropped down a tube from the sink to an incinerator in the cellar, doing away with that most unpleasant chemical combination of a mixture of nondescript scraps, so unpleasant to the senses of sight, smell and touch. We have not as yet reached Mrs. Rorer's ideal of minimum waste, but we are striving to approach it, for therein lies another real source of economy.

A great deal of dirt, and the labor of removing it, was prevented by having all vegetables washed before they were brought into the house. To this end I devised a little drop table near the pump on the back porch, but a step from the garden. We live in the country and grow some of our own vegetables, but the principle of leaving all possible dirt outside is one that could be applied almost everywhere. All market deliveries were left in a basket just inside the door, obviating the running in and out of delivery boys.—[Mary Patton in "Success Magazine."]

### A Successful Event.

At the Presbyterian manse Thursday afternoon the ladies of the church tendered Mrs. J. P. Engstrom, Field Secretary of their Home Mission Board of the Northwest, a delightful reception. More than fifty ladies gathered in the spacious rooms of the manse, which the ladies had neatly decorated with flowers for the occasion. Mrs. Engstrom, though weary from travel and many meetings, made an address to those present which was not only full of interesting and inspiring statements but was delivered in a most pleasing manner. She explained the origin of the work which the women of the church are doing, and called particular attention to the fiftieth anniversary of the organization. Mrs. A. C. Hume, who presided, introduced Mrs. Engstrom with some well chosen and pointed remarks. She likewise referred to the presence of Mr. Lee, a native of China present with them, and introduced him to the audience. Mr. Lee appeared in native costume, and spoke most entertainingly and impressively of the conditions existing in his native land, and the supreme importance of the gospel as the only hope for the future of that country. He also exhibited several curios from China. During the afternoon delightful music was rendered on the piano by Mrs. John Cook and Miss Emma Santer. Miss Julia Yockey sang a beautiful solo, Mrs. Hoham and Miss Yockey rendered a fine duet, and Miss Hazel Neff delighted all with a Chinese love song, which she rendered in Chinese costume.

A substantial lunch followed, of which not only the ladies but a few men partook. The paper napkins used on this occasion were in the nature of souvenirs, they having on them a part of the twenty-third psalm written artistically by Mr. Lee in Chinese characters.

The free-will offering amounted to more than \$17.

Mrs. Engstrom again addressed the ladies at night in the church. Although the threatening weather kept a number away, the meeting was both interesting and profitable. The ladies feel quite encouraged over the whole affair, and hope that this is the beginning of better days in their missionary work.

### "Men and Religion."

The meeting for the men of the churches in the Christian church last night was not as well attended as it might be, but they tried to make up in interest and effort what they lacked otherwise. Those who did not attend missed an admirable address by Rev. Mr. Ormond, who explained in detail this new movement to interest the men of the various churches in their fellow men. Ninety strategic cities in different parts of the country have been chosen as centers from which to radiate, and some twenty-three experts in various lines of work for men and boys are to visit these centers and through local committees reach the tributary places. South Bend is one of these centers, and it is possible for Plymouth to have some of these experts in a five days' campaign, if the men are willing to undertake it. A conference with these experts will be held at the Y. M. C. A. in South Bend on the 22nd inst., at which the places for these campaigns will be settled. The outcome of the meeting last night was the decision to form a committee here of thirty-five men to undertake work here. Nine of this committee was appointed, and they are to fill out the number. It is intended to have all the churches work together in this matter. The nine men are: Rev. W. C. Logan, Frank Anderson, Rev. J. C. Smith, O. F. Hoover, Ralph Leonard, Frank Southworth, Dr. Hitchcock, A. R. Underwood, Morris Agler. A meeting of these men will soon be held to complete the committee, so that they can begin work as soon as possible. It is expected that much good will be the result of this move, not only to the individual churches, but also to the community as a whole.

### Serves Notice on Bosses

Governor Woodrow Wilson is making a fight for a square deal and open fight in New Jersey this fall. To the party bosses in the various counties who have been accustomed to putting up jobs on both the party and the people, he serves this ultimatum: "There must be no private conferences and no putting up of a game on the party. I am going to tell everything I know, and I know a good deal. I here served notice on all men who are playing double that the game is up with them. There are in various counties men I could name who have had the chance of their lives. I have asked them whom they served—the organization or the people. I serve notice on them that the game for them is up. They have preferred burial with dishonor to life with honor."

It will be interesting to note whether the people of New Jersey will support the governor in his clean-cut work of reform, or whether, as is often the case, they will be bribed, bullied or bamboozled into carrying out the program which, in spite of the governor's warning, the political bosses will most assuredly formulate.—South Bend Times.

Children Cry FOR FLETCHER'S CASTORIA

### LIGHTNING STRIKES SCHOOL BUILDING.

During the electrical storm last night the lightning struck the cupola on the Webster school building was badly demolished and a large hole was torn in the roof at the base of the cupola. Pieces of slate and tile from the roof were scattered over the yard to the north and were even hurled entirely across the street.

The slate roof probably kept the building from firing, and aside from the slight disfigurement mentioned above there was no serious damage done.

### "Born Lucky."

(Dayton Herald.) You often hear it said: "That man was born lucky."

Well, whenever you hear that, you can put it down for the honest truth that the person who says it doesn't know what he is talking about. No one is born lucky.

Did you ever, after you had looked at an oil painting for a while without being able to make anything out of it, wonder what was the matter with it? The cows were all mixed up with the trees and the houses look like a part of a stream and the whole picture seemed blurred? Then you took a couple of steps around the room, seeking the right viewpoint. Suddenly you found yourself in the right position. The light fell properly on the picture, and what had been blurred and indistinct was now a perfectly clear landscape scene.

That's the way you will see these born-lucky people when you get the right light on their history. They have worked hard for what they have and hard-working people, as a rule, are modest. They don't go around talking about themselves. They will not brag of the hard work they have done or of the fine brains they have, but they will tell you that there is no more luck in succeeding and getting ahead than you can hold on the point of a needle.

"Born-lucky people" have the good trait of the bulldog. They get a grip on their work, just like the bulldog gets a grip on the leg of a tramp. He never lets go until he has brought down his game. The bulldog holds the tramp until his master arrives, and the born-lucky man holds on to his work until he has made it deliver success.

Get the bulldog habit and hang on. Grip your work so that it cannot get away from you.

Never let go until you have succeeded in your purpose.

Then some day people will point you out and say: "That man was born lucky."

### Claims or Children—Which?

Do we love claims more than children? If we do not—why did Congress without hesitation, appropriate \$20,000.00 to pay experts to study claims, and almost unanimously turn down an appropriation of \$3,000.00 to pay an expert to study children?

The claim appropriation was passed in 1907, and early in 1908 the child appropriation was killed. In 1905, the State Board of Health presented to the Indiana General Assembly, a new health law, which had for its object, the conservation of human life. It seems to the Board that our state would do well to catch up with other states, and do like sensible, practical work along the lines of preventing disease and saving lives. When the bill was up, a member rose and said: "I have been requested by my constituents, over and over, to vote for measures to protect hogs from cholera and trees from scale, but I have never been asked to vote for a measure to protect women and children from preventable diseases." Of course, the bill was defeated as a crank bill. Had the bill been for hogs and claims, it would not have been cranky. The reason why the \$20,000.00 claim appropriation passed like gleamed lightning, was because the pearl button makers want clam shells to make pearl buttons from. We cannot make anything but men and women out of children, therefore, Congress would not give any money for such an end. It is to be said that Secretary Garfield heartily endorsed the child appropriation and when he made his argument before the Congressional Committee, a mighty member from Sioux-hole rose and asked: "Does this not approach dangerously near the line of encroachment upon the rights of States and Municipalities?" When will some people quit thinking it is cranky to protect the human family against disease? No one thinks it is cranky to protect hogs against cholera and trees against scale.

The above from the State Board of Health.

### Attacks School Principal.

A severe attack on school principal Chas. B. Allen, of Sullivan, Ga., is thus told by him. "For more than three years," he writes, "I suffered indescribable torture from rheumatism, liver and stomach trouble and deceased kidneys. All remedies failed till I used Electric Bitters, but four bottles of this wonderful cure, me completely." Such results are common. Thousands bless them for curing stomach trouble, female complaints, kidney disorders, biliousness, and for new health and vigor. Try them. Only 50c at Fred Wenzler's.

# ROAD TO HEALTH IS GIVEN BY A MAGAZINE

TECHNICAL WORLD JOURNAL TELLS HOW YOUNG MAN CAPITALIZED HIS TIME AND SUCCEEDED

## ONE IN TEN HEALTHY

Right Food and Careful Living—Avoiding Luxuries—Can Make Health Come Back to Many

It was something like three years ago that an ambitious bookkeeper complained to the writer of his inability to keep his eyes open the moment he applied them to books of an evening after work. Since boyhood he had contributed to the support of a family of seven, and now at the age of twenty-four he desired to take up shorthand and to carry a correspondence course or two. If by hook or by crook he did manage to work until eleven or twelve o'clock his mind would be dull and heavy next day. At one time he was so ill advised as to try drinking strong tea for supper. Tea kept his eyes open alright, but headaches began to manifest themselves, and sleeplessness and other symptoms of nervousness put in appearance. The young man dropped the tea, and the headaches and nervousness disappeared almost immediately, but evening work was still impossible. The writer suggested to him that he discontinue his suppers, eating at most an apple or other fresh fruit, or perhaps a small bowl of cereal flakes with the juice of a stewed fruit. He adopted the suggestion, adding to it one of his own devising—that he be careful at all meals to choose only the digestible foods—and before a year had elapsed his knowledge of shorthand had gained him a private secretaryship to the president of his concern, and he is now a small stockholder. He had capitalized his time.

An eminent political economist recently ventured the assertion that not more than one person in ten is healthy—meaning by "healthy" not "just so so," but positively, vitally, actively, radiantly so. The other nine sore of worry along some in positive ill health, the others neither sick nor well, both classes a burden to themselves and to those who are obliged to live and work with them. And inasmuch as these persons are so preponderantly in the majority it is pertinent to ask, "Can health come back?"

The answer is most emphatically, it can if you are willing to deny yourself accustomed luxuries. Self-denial—that is the price of getting well. It sounds a good deal easier than parting with good gold, but most people prefer contributing to the support of a physician to giving up one of their three or four daily meals, or a cup of tea. A drug trade journal recently descanted upon what it was pleased to call "the ivory-headed public." The burden of the editor's satire was this: "In their ability to resist the letting in of information concerning matters of health, the heads of a remarkably large portion of the general public seem to be made of solid ivory, bone or wood. Patronize the restaurants and hotel dining rooms and note how many stuff their stomachs full of unmastered food, making it go down with iced water, coffee, beer, or wine, instead of the natural digestive fluids of the mouth." If these strictures seem severe, try a little experiment. Select a dozen persons who for financial reasons are in particular need of the mental efficiency that comes of vigorous health, and persuade them to adopt the suggestions contained in the following pages, and then observe how few of them persevere. When a week of proper eating fails to correct the results of a lifetime of indulgence they give up in despair and go back to the flesh-pots of the Nile with a suspicion that you are a crank.

### Has Fine New Buick

C. A. Reeve has returned from Chicago with his new Buick automobile. It was specially made for him and is a strong and beautiful car. It has a 35 horse power engine, is a 1912 model, has four full doors, straight line sides and a 4-valve bugle horn.

Man's mastery of the air will be demonstrated at Plymouth Sept. 21-22. See for yourselves. 4th

### International Peace a Matter of Few Years

I believe that the people of the world are rapidly coming to the conclusion that all disputes can be settled by arbitration, rather than by resort to arms. In my opinion, the International Court at The Hague will in a very few years be the tribunal in which all disputes between countries will be settled; but we must also bear in mind that in order to make the decisions of that court obeyed by the nations, there must be a power somewhere to see that they are carried out.—Governor William J. Mills of New Mexico in The Christian Herald.

### War is Unreasonable

I do not regard the present agitation for International Arbitration and World-Peace as either ephemeral or "a fixed and natural desire of the human heart." A desire for war for its own sake, or for conquest, is an inheritance of the race from its brute period. The race has at last progressed sufficiently so that the wisest and best of mankind are beginning to realize that the same ethical principles should govern nations as individuals.

The truest patriots are those who have caught the world vision. There is no more reason for a nation to cultivate a martial attitude towards another nation, than for one family to cultivate a martial attitude towards another family. While I would not neglect a reasonable preparation for defense against unjust attacks, we should remember that in the case of nations, as of individuals, "they that draw the sword shall perish by the sword."—Chancellor Avery, University of Nebraska, in The Christian Herald.

### A Campfire on the Beach.

The very materials of which the fire is built lend to it many expressive moods and startling changes never seen away from the ocean's edge. Driftwood that has been buffeted about by the waves and saturated with bitter brine can not burn in the same calm and sedate fashion as the mere woodland pine knots and picnic branches. Driftwood has a voice and gesture all its own and can tell tales and sing songs to the sympathetic listener. Here are no overspreading tree-tops to swallow up the smoke as it rises. Great gray and white masses tower grandly aloft if the air by any chance is still. If not, it takes unto itself shapes strange, fantastic and wild in unison both with its source and its surroundings. A waft of air from landward may sweep it low down in a dull, black cloud right out over the leaning crests of the charging billows. It veils their whiteness and lends a dull, slaty tinge to their hollows till it mingles imperceptibly with the offshore mists. If an inshore breeze catches it, away it rolls blue among the tall beach grasses. Once in a while before a storm comes on the smoke will roll reluctantly along the edge between land and water twisting and writhing in fantastic curls seemingly afraid to venture on either element. Whenever this happens look out for squalls. Trust not the deceitful quiet of the sea and the gentle, balmy airs that come now this way and now that. Drive all tent pegs solid and firm and tauten up every guy. For before morning things will be humming.—[W. J. Hoxie in "Success Magazine."]

"I have a world of confidence in Chamberlain's Cough Remedy for I have used it with perfect success," writes Mrs. M. I. Basford, Poolesville, Md. For sale by All Dealers.

### Making a Vacation Pay

The best investment that many men make during the year is represented by the expense of their vacation. They are paying out money and earning nothing, but they are putting themselves in superb condition for great business on their return. They are overhauling their physical and mental machinery, renewing, restoring, lubricating, polishing the delicate bearings and putting them in a condition to run smoothly and noiselessly for the remainder of the year.

There is no investment which pays such great dividends as keeping one's physical condition up to the highest standard—upon this hangs all our success and happiness. The right kind of a vacation multiplies the power and effectiveness of all the faculties; it increases courage, confidence, self-respect; in fact every success and happiness faculty. Could there be a better investment? —[Orison Swett Marden in "Success Magazine."]

### A Pierce Night Alarm.

is the hoarse, startling cough of a "chill," suddenly attacked by croup. Often it aroused Lewis Chamberlain, of Manchester, O. (R. R. No. 2) for their four children were greatly subject to croup. "Sometimes in severe attacks," he wrote "we were afraid they would die, but since we proved what a certain remedy 'Dr. King's New Discovery' is, we have no fear. We rely on it for coughs, colds or any throat or lung trouble." So do thousands of others. So may you. Asthma, Hay fever, LaGrippe, Whooping Cough, Hemorrhages by before it. 50c and \$1.00. Trial bottle free. Sold by Fred Wenzler.

# PLYMOUTH Sept. 21-2-3

These days will be the great gala days in Marshall county this fall. On Sept. 21-22-23, all roads will lead to Plymouth, Ind. Former residents in neighboring counties, neighboring and distant states will return to good old Plymouth and renew the friendships of by-gone years.

To make things interesting every hour of the three days, the Plymouth Commercial Club has planned entertainment that will surpass anything ever attempted in Marshall county.

4 Grand Aeroplane Races 4 by the famous Bud Mars

Grand Industrial and Horse parade Sept. 23rd.

Grand Automobile Parade, Thursday Sept. 21st.

Come to Plymouth and live an hour every minute

4 Bands Band Concerts 4 Bands

\$5000.00 Will be Spent For Free Attractions and Cash Prizes

14 Shows 14 Shows Everyone a good one

Horse and Industrial Parade

Don't fail to see the Grand Horse and Industrial Parade to be held Saturday, September 23rd, at 2 p. m.

\$300 in cash prizes, to be awarded to the various classes, also a free lecture on the horse by a competent man, that will pay any one to come miles to hear. Remember that all horses in this and adjoining counties are eligible to contest for prizes. Disinterested judges from outside counties will award all prizes and a square deal is assured to all. The best buyers in Northern Indiana will be on the ground to buy horses that are for sale. For further particulars see U. S. Lemert, Plymouth, Ind.

## Farm and Other Products

Grain and Seeds Corn, yellow Dent, Corn, white, Corn, prop. Wheat, Oats, Rye, Clover Seed. Fruits of all kinds Apples, Peaches, Pears, Plums, Grapes.

### Other Farm Products

Potatoes, Pumpkins, common, Pumpkins, sweet, Beans, Onions. Sweet Potatoes, Red Beets, Tomatoes, Cabbage, Turnips. Water Melons, Musk Melons, Squash, Cauliflower, Egg plant.

Pastry, Jams, Jellies and Canned Fruits.

Liberal Cash Prizes will be awarded on all the above products. The farmers will be afforded an especial opportunity to see what their neighbors in various parts of the country are doing. The exhibits of farm products will surpass anything ever attempted in Old Marshall County. Every farmer should attend.

For further particulars SEE SMALL BILLS or write, THOS. CLIFTON, PLYMOUTH, IND.

Keep in Mind these Dates September 21-2-3